

Is it a Cold or the Flu?

| Symptoms | Cold | Flu |
|------------------------|---|---|
| Fever | Rare in adults and older children, but can be as high as 102° F in infants and small children | Usually 102° F, but can go up to 104° F and usually lasts 3 to 4 days |
| Headache | Rare | Sudden onset and can be severe |
| Muscle Aches | Mild | Usual, and often severe |
| Tiredness and Weakness | Mild | Often extreme, and can last two or more weeks |
| Extreme Exhaustion | Never | Sudden onset and can be severe |
| Runny Nose | Often | Sometimes |
| Sneezing | Often | Sometimes |
| Sore Throat | Often | Sometimes |
| Cough | Mild hacking cough | Usual, and can become severe |



The Maine Department of Health and Human Services
Bureau of Health
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